

Posttest

If you wish to receive continuing education credit for this program, you must complete this posttest. Each question below contains five suggested answers, of which only one is correct.

24. Asthma has been defined as

- A. reversible airway obstruction.
- B. chronic airway inflammation.
- C. nonreversible airway obstruction.
- D. a and b.
- E. b and c.

25. In the diagnosis of asthma in adults, all the following are true except

- A. Reversibility of airway obstruction on spirometry testing after bronchodilators, as demonstrated by an increase of 12% in the FEV_1 with an absolute minimum improvement of at least 200 mL.
- B. The use of peak flow measurements alone are almost always sufficient to diagnose asthma.
- C. Chest radiographs are generally not helpful.
- D. In patients with mild asthma with normal spirometry results, nonspecific provocation testing (e.g., methacholine challenge testing) can be used to demonstrate the presence of hyperresponsive airways.
- E. Airway obstruction is generally present when the FEV_1 is less than 80% of predicted value, the FEV_1/FVC ratio is reduced, and the FVC as a percent predicted is normal.

26. Risk factors for the development of asthma include all of the following except

- A. Personal or family history of atopy.
- B. Prenatal smoking by the mother.
- C. Being the youngest sibling in a family.
- D. Chronic allergic rhinitis.
- E. Exposure to increased concentrations of known allergens.

27. For biologic allergens, all of these statements are true except the following

- A. Biologic allergens are ubiquitous in the environment.
- B. Biologic allergens are increased with the presence of carpets and upholstered furniture.
- C. Biologic allergens are associated with 30% humidity in the case of dust mites.
- D. Biologic allergens associated with water-damaged areas.
- E. Biologic allergens are associated with residential furry pets.

28. Outdoor air pollution

- A. has not been associated with short-term increases in asthma mortality and morbidity.
- B. as reflected by ozone is not associated with enhanced airway inflammatory response.
- C. standards, such as NAAQS, have not changed over the last 20 years.
- D. as reflected by AQI is reported only in metropolitan areas with populations greater than 350,000.
- E. has been identified as the primary cause for the increased incidence in asthma.

29. Physical examination of a patient with asthma would be least likely to reveal the following:

- A. allergic conjunctivitis and rhinitis
- B. focal persistent wheezing involving the base of one lung
- C. normal findings on chest auscultation
- D. atopic dermatitis
- E. prolonged expiratory phase and diffuse wheezing on chest auscultation.

30. The treatment for dust mite and cockroach allergens includes all of the following except

- A. cover mattresses and pillows with zippered plastic cases.
- B. use a professional exterminator as initial step.
- C. wash bed items in hot water (130°F [55°C]).
- D. limit food consumption to one area of the house.
- E. remove wall-to-wall carpets, particularly in bedrooms.

31. Primary prevention of adult-onset asthma includes

- A. smoking cessation
- B. not controlling workplace exposures
- C. modifications to the home environment
- D. removing wall-to-wall carpets, particularly in bedrooms
- E. none of the above.

32. Management of cockroach allergen should be accomplished first by hygienic measures, such as

- A. maintaining clean areas and limiting food consumption to only one area, such as the kitchen
- B. caulking holes in walls, cupboards, and cabinets
- C. storing food in closed containers
- D. placing individual bait stations
- E. all of the above.

Note to Nurses

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